"The South 40"
by JAMES A. SMITH
EXTENSION AGENT

This week hundreds of people will take to the outdoors in search of wild game. Because of this great interest in hunting, The American National Red Cross has listed the following hunting and fire arm safety rules:

1. In open field or brush, hunters should walk abreast, making sure no one gets out in front. A left-handed marksman should walk at the right end of the group because of his tendency to swing right.

2. While walking, a hunter should carry the gun cradled in his arm, with the muzzle pointing down in case of a fall.

3. The gun muzzle should be checked frequently to make certain it hasn't been accidentally plugged with mud, earth, or weeds; a plugged barrel could explode or split when fired, with disastrous results. But hunters should be careful and never look directly into the muzzle of a loaded weapon.

4. A hunter should try not to cross a fence with gun in hand. If alone, he should open the action or unload the gun, push it laterally under the fence, then climb through or over the fence at the butt end of the weapon.

5. When crossing a fence with a companion, one hunter should hold the weapons while the other crosses. Then the first hunter should pass the weapons across, muzzle up, before crossing himself.

6. The experienced hunter will wait until his target is fully visible and a good shot is possible before pulling the trigger; an overanxious snoc as movement or noise can result in a wounded animal wandering off to die a slow death, dead livestock, or worse, a dead fellow hunter.

7. A hunter should approach downed game with caution; the animal may only be stunned. Bear, elk, and moose can kill a person, and even a deer is extremely dangerous when wounded.

8. Game should never be carried over the shoulders. A pair of antlers emerging from brush or trees is a perfect target for another eager hunter. The hunter should drag the animal out, carry it on a travois, or dress it out, quarter it, and bring out the pieces.

National Safety Council statistics show that 900 persons died in firearm accidents in public places in 1976. It is estimated that only about half of these deaths were related to hunting. At the same time, 1,400 persons died from firearm accidents in the home environment. Obviously the hunter's concern for his guns must not end once he is in from the fields.

Although guns do play a major role in hunting accidents, there are other hazards hunters should be aware of and take precautions against. For example, more deer hunters die from heart attacks than from gunshot wounds. Overexertion, falls, drownings, exposure - - - all take their toll.

In addition to heart attacks, overexertion causes fatigue, which in turn exposes the hunter to all sorts of additional and unnecessary hazards. Hunters not acclimated to the rigors of the sport should spend a little time getting in good physical shape - - - which, by the way, is good in any event.

Falls, mostly from trees, ledges, slopes, and rocks, account for many hunting accidents. Many firearm accidents are related to falls. Hunters should be reminded that even simple injuries and sprains can lead to serious consequences when professional medical care is far away.

The best protection from falls is avoidance. Hunters should avoid climbing trees, chasing does, jumping streams, and taking shortcuts.

Water is a silent menace to all hunters, not just waterfowl hunters in boats. A hunter who suddenly finds himself in water should not thrash about in panic. He should relax and let the air in his clothing bring him to the surface. From this floating position, the hunter can move toward safety in a modified breast-stroke.

Severe and crippling injuries can result from frostbite, and prolonged exposure is often fatal. One early sign of frostbite is intense tingling discomfort followed by loss of sensation and a peculiar stiffness. Treatment consists of rapid rewarming, in warm water if possible.

Lost hunters should stay put, keep warm, improvise a shelter, and conserve food, water, and energy. Sounding the international distress signal, three short blasts in quick succession, may help in obtaining aid.

A swig of spirits may seem to have a warming effect on a cold day, but its value is short-lasting. Alcohol actually lowers skin temperature. Alcohol impairs judgment and coordination. Hunters should be warned of the hazards alcohol creates.

Hunting can be a dangerous sport, but if you are equipped with hunting and firearm safety information, it need not result in an accident.

Good Luck.

PRECIPITATION:

Last Week	.69
This Month	3.19
This Year	27.85

WRECK ISLAND EXTENSION HOMEMAKERS CLUB MEETING

Mrs. Dixie Staten was hostess to the Wreck Island Extension Homemakers' Club when it met in her home on Wednesday, Nov. 16, at 1:30 p.m. There were eight members present.

Devotions were given by Mrs. Staten with scripture reading Kings 3, verses 5 through 9. "An Understanding Heart" was the topic of a reading she gave.

Prayer was by Mrs. Elsie Thornhill. Members repeated the Homemakers' Creed.

The secretary read the minutes of the last meeting and it was approved, also the treasurer gave her report.

Mrs. Staten read a letter from Mrs. Shirley Walton with the following dates for meetings:

Nov. 30 at 10 a.m. there will be a candy making workshop in the Appomattox Extension Office kitchen.

December 6 at 1:30 p.m. Betty Douglas from Southside Electric Cooperative will be doing a Christmas demonstration. Betty's program will be entitled - "Trimming Energy for the Holidays".

The annual report information for 1977 and the schedule of meeting places for 1978 was filled out.

A demonstraiton on "Cake Decorating" was given by Mrs. Staten. She also instructed us how to make carnations out of plastic bags.

A social hour followed when the hostess served delicious refreshments.

On December 5th members are planning a Christmas luncheon in Lynchburg and will meet at the home of Mrs. Rose Burnett at 11 a.m. for a ride.

Mrs. Tilden Lee, Secretary

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CVCC To Offer Course In Legal Aspects of Real Estate

The Business Division of Central Virginia Community College will offer a course in the Legal Aspects of Real Estate (MKTG 277) during Winter Quarter, 1978. Mr. Floyd C. Jennings, Jr., of Rhodes, Jennings and Livingston will instruct the course.

According to Mr. Jennings, "The course will acquaint the student with the basic principles governing the law of real estate which involves a study of Virginia real estate law including rights incidental to property ownership and management, agency contract and application to real estate transfer, conveyancing probate proceedings and trust functions." Legal Aspects of Real Estate is a required prerequisite course for licensure as a Real Estate Broker according to the Virginia Real Estate Commission.

The course will be offered on Tuesday evenings at 7 p.m. beginning Jan. 3, 1978. Registration for the course will be on Wed., Dec. 14, 1977 from 10 a.m. to 2 p.m. and from 4 p.m. to 7 p.m. at Central Virginia Community College.

DECA Members Attend Fall Rally

The Appomattox County Distributive Education Clubs of America (DECA) chapter recently attended thier annual Fall Rally, at Jefferson Forest High School. Appomattox DECA participated along with seven other schools in the area.

The days events began with an Officer Initiation ceremony during which officers from the eight participating schools were installed into office. The six officers installed from the Appmattox chapter were Gary Tanner, President; Todd Roach; Vice President; Lisa Goin, Secretary; Linwood Elliott, Treasurer; Jerry Trent, Reporter; and Tony Martin, Parliamentarian.

A program on Career Opportunities in Food Marketing, Food Services and Apparel and Accessories followed the Officer Initiation Ceremony. Mr. Lawson Saul, General Manager of King's Supermarkets, spoke on food marketing, Mr. Tom Surber, Food Service Director of Lynchburg College, spoke on food service and Ms. Mary Ann Newton, Fashion Coordinator for Leggett's Pittman Plaza, spoke on apparel and accessories.

A DECA "Gong Show" followed the Career Assembly. Each school that was present at the rally entered an act in the "Gong Show," which was judged by several distinguished guests, one of which was Mr. Richard B. Carter, Vocational Director of Appomattox County.

Members of the Appomattox County DECA chapter who participated in the Gong Show were: Larry Burrell, Ricky Mayberry, Randy Page, Dennis Page, Mike Childress, Tony Martin, John Curran. Congratulations goes out to you all for a job well done!

The day's events concluded with the awarding of the Gong Show prizes and a recitation of The DECA Creed. The day was enjoyed by all those who attended.

HONORED BY YOUNG HOMEMAKERS

Shirley Walton (left) was honored by the Southside Area Young Homemakers Association at their annual area conference held Wednesday, November 16, at Holiday Inn South in Lynchburg, Virginia. Mrs. Walton is pictured receiving a certificate as a honorary member of the Young Homemakers Association from Mrs. Brenda Drinkard (right), newly elected reporter and historian of the YH Association and a member of the Appomattox Young Homemakers. Honorary membership is extended to persons outside of the Association who have made significant contributions to the young homemakers organization. Mrs. Walton has been extremely helpful by presenting programs to various associations in the area, serving as a resource person for YH activities, and has aided many YH members in the completion of individual projects. Shirley is married to Lloyd G. Walton, superintendent of schools for Appomattox County, and the couple has two daughters, Cheryl and Laura.

Canaan Baptist

The Fourth Sunday, November 27th - 3:30 p.m. There will be a November Birthday Rally. This is a weight rally. Members are asked to give a penny for each pound they weigh. The speaker, Rev. C. L. Elliott. Music by Springfield Sr. Choir. Mrs. J. C. Webb in charge. Please come and worship with us.

The Scruggs Family Singers with to thank every one that came and made their second anniversary a success and to those that sent special donation and Mrs. Edith Ferguson for the beautiful cake. God bless each of you.

Appomattox Firm Low Bid On Highway Project

Thirty-one contracts totaling $26.7 million have been approved for award by the State Highway and Transportation Commission on the basis of low bids received during October.

In Powhatan County, on Secondary 613 for grading, draining, and paving 1.5 miles of 22-foot-wide roadway on an improved alignment between Secondary 671 near Route 60 at Flat Rock and Secondary 723, Pearson & White Construction, Inc. of Appomattox, with a bid of $210,281, was the low bidder.

Other contracts include the paving of the final eight miles of Interstate 77 in Wythe County between Interstate 81 at Fort Chiswell and Poplar Camp.

The contract for the permanent traffic signs between Poplar Camp and Hillsville is also among the projects. Temporary signs will be used on this section when it is opened to traffic sometime before Christmas.

The first construction for Interstate 664 is to begin in Newport News with the construction of a 1,017-foot-long bridge over the Chesapeake & Ohio Railway tracts and the future interstate roadways. The new route will provide four additonal traffic lanes across Hampton Roads, completing a loop through all of the Tidewater cities.

A major interchange of Arterial 23 and 58 at Norton is also to be started and the paving on Arterial 29 in Pittsylvania County will complete the work between Altavista and Gretna.

Mrs. Jackson's 4-H Club

Mrs. Jackson's 4-H Club held its 3rd meeting on Nov. 18, 1977 and the recreation leaders led us in a game. After the game we had a song.

Mr. Sweet told us about public speaking to be held in January. Mrs. Smith showed us some inexpensive Christmas gifts.

Duane Hamlet, Reporter

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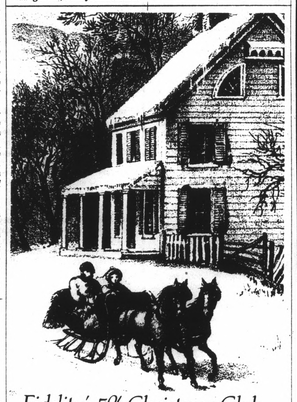

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Take a minute to think about some of the "special" Christmases in your life. Maybe the one when the kids got the puppy that was a member of the family for eighteen years. Or the Christmas reunion, when all the aunts and cousins and grandparents came—and you couldn't walk for kids and presents. Or the many times the two of you danced to the Bing Crosby Christmas album, all alone, by the light of the tree.

Special holidays, to dream of year after year. At Fidelity American Bank, nothing makes us happier than playing a part in somebody's "special" Christmas. Next year, let us be a part of yours. Simply open a Fidelity Christmas Club, add to it here and there during the year and, when it's paid up, get back all your money and 5% interest...just in time to make next Christmas as nice as all the ones in your dreams.

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MISS PEGGIE SUE STANLEY

Engagement Is Announced

Mr. and Mrs. Joseph H. Stanley announce the engagement of their daughter, Peggie Sue, to Wayne Carter Simpson, son of Mr. and Mrs. Johnny C. Simpson of Appomattox.

Miss Stanley is a 1975 graduate of E. C. Glass High School and is employed at Noland Company.

Mr. Simpson is a 1972 graduate of Appomattox County High School, attended Central Virginia Community College, and is employed at Lynchburg Training School and Hospital. He is the grandson of the late Mr. and Mrs. L. M. Wilkes of Appomattox.

The wedding is planned for May 7, 1978 at 3 o'clock in the afternoon at Memorial Christian Church, Lynchburg.

Woman's Club Arts & Crafts Contest Winners Announced

The Appomattox Woman's Club held its annual Arts & Crafts contest on Nov. 7th at John Mosby Restaurant. The club's Arts Department members assisting were Mrs. "Tootsie" Eggleston and Mrs. Betsy Carter, co-chairmen, along with Miss Beverly Davidson, Mrs. Ginny Pedison and Mrs. Carolyn Coleman.

Contest judges were Mrs. Shirley Walton, Mrs. Mary Bartelt, and Mrs. Virginia Hancock.

Winners in the different divisions were Arts Contest - Blue Ribbon Winner - Lois Lattner) Crafts Contest - Crewel Kit - Blue Ribbon Winner: Mrs. Carolyn Coleman; Knitting, Blue Ribbon Winner Mrs. Roma Moore; Crocheting, Blue Ribbon Winner, Mrs. Roma Moore; Weaving, Blue Ribbon Winner - Mrs. Carolyn Coleman; Macrame, Blue Ribbon Winner and Red Ribbon Winner - Mrs. Carolyn Coleman; Crafty Creatures, Blue Ribbon Winner, Mrs. Louise Plunkett; Decoupage, Blue Ribbon Winner, Mrs. Dorothy Davidson; Christmas Decorations - Blue Ribbon Winners, Mrs. Dorothy Davidson, Mrs. Marion Harwood, Mrs. Carolyn Coleman; Red Ribbon Winners - Mrs. Dorothy Davidson, Miss Beverly Davidson; White Ribbon Winners: Miss Beverly Davidson, Mrs. Dorothy Davidson; and Miscellaneous Creations - Blue Ribbon Winners - Mrs. Edna Anderson, Mrs. Dorothy Davidson; Red Ribbon: Mrs. Dorothy Davidson; and White Ribbon Winner, Mrs. Edna Anderson.

Need Help With Christmas Shopping?

As the Christmas season approaches, each of us is busy trying to think of special gifts for special people. Gifts that have true meaning and feeling, not just a present wrapped in pretty paper.

Perhaps the Virginia Lung Association can help you decide on your special gift. The Lung Associaiton sponsors The Virginia Commonwealth Craft Guild which is an opportunity for mentally and physically handicapped individuals to maintain their limited income and at the same time have an outlet for recreational therapy. The Craft Guild clients have been busy during the last few months making craft items to sell such as: Patch work pillows, leather items, Christmas tree ornaments, aprons, foot stools, bread baskets, bird feeders, jewelry and other novelty items. Buying one of the handmade items offers the clients the opportunity of having extra spending money at Christmas and also fills your need for that special gift. These girls are filled with love, hard work and the true spirit of Christmas, giving.

Craft items are on display at the Central Regional Office of the Virginia Lung Association, 107 Main St., Farmville, Va., between the hours of 8:30 to 4:30, Monday - Friday. Stop by on Tuesday between 10 a.m. and 2 p.m. if you are interested in watching the items being made.

Your support of this program and others of the Lung Association is a matter of life and breath.

BETA SIGMA PHI NOTES

By Bonnie Pankey
Publicity Chairman

Mr. and Mrs. Robert E. Pankey and Kim Maxwell were hosts for a Thanksgiving luncheon on Sunday, November 20th, for the Delta Zeta Chapter members and their husbands.

Each member brought covered dishes and a buffet luncheon was served.

The Delta Zeta Chapter of Beta Sigma Phi and the Xi Gamma Tau Chapter will co-host a Christmas dinner on December 13th at the home of Mrs. Ann Harris of Gladstone.

Picture This At Christmas...
Wrap yourself up for holiday giving. Surprise loved ones with portrait photos. One size fits all! Why Wait? Come for sitting, by Nov. 23rd and be sure you have your portraits by Christmas.
R. E. Pankey Photography
352-8201

Society News

Mr. and Mrs. Carrole Robinson from Baltimore, Md., spent last week end in the home of their mother and sister, Mrs. Bessie Robinson and Mrs. Dorothy Patrick.

* * *

Mr. and Mrs. Bob Montgomery, of Annandale, spent the past week end with her mother, Mrs. Harry G. Johnson.

* * *

Mr. and Mrs. Raymond Harris, of Chesapeake, will spend the Thanksgiving holidays with her mother, Mrs. Rachel Cawthorne.

* * *

PRIMARY SCHOOL CAFETERIA MENU

Mon., Nov. 28 - Pork & Beans with Hot Dogs, Slaw, Potato Chips, Fruit, Roll, Butter, Mlk.

Tues., Nov. 29 - Barbecue, Tossed Salad, String Beans, Doughnut, Milk.

Wed., Nov. 30 - Corn Dog, Green Peas, Potato Puffs, Cake, Sauce, Milk.

Thurs., Dec. 1 - Hamburger on bun, Buttered Corn, Black-Eyed Peas, Jello, Topping, Milk.

Fri., Dec. 2 - Fish Stick, Greens, Macaroni/Cheese, Roll, Butter, Milk, Ice Cream.

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UDC Meeting Held

On Thursday evening, November 17, the Appomattox Chapter of the United Daughters of the Confederacy met at Maude's Restaurant for a dinner meeting with a large attendance of members and guests.

Speaker of the evening was Judge Henry D. Garnett, shown above, of the Seventh Judicial Circuit of Virginia whose subject related to the confederacy.

Capturing his audience with his bits of humor in his introductory remarks, Judge Garnett stated that it was through the foresight and understanding of leaders of the Confederacy and the courage of its citizens and soldiers alike that the true meaning of the Constitution was so forcefully brought home to the people. He said that it is not by chance that today we are a sovereign United States of America; it is no coincidence that we are the most properous nation in the history of the world. These goals were achieved through hard work, sacrifice, and belief in te rightness of our cause.

In reference to our heritage, Judge Garnett remarked that we Americans have just cause to be proud. For two centuries we have maintained a Republican representative form of government based upon the divine rights of man. Our people have stood firm and resolute, and America has successfully withstood any very serious threat to her security and to the future welfare of her citizens. The past heroes whom we honor kindled and set afire in American hearts an insatiable desire for liberty - which those who sow the seeds of discontent, unrest, and rebellion, could not, cannot, and will not quench.

He concluded by warning his audience that the torch of liberty must be ever held high. The wolves who would destroy the recipients of its warmth are deterred in direct proportion to the brightenss of the flame, Judge Garnett said.

Mrs. T. M. Cunningham, president of the chapter, presided over the meeting, which ended with the singing of the song, "Carry Me Back to Old Virginny".

"OVER EASY" New TV Show - For And About Seniors

On Monday, November 14, a new show for and about seniors, premiered on Public Television. Programs will be on the air each week day from 6:30 - 7:00 p.m. and will feature as host, Hugh Downs.

A variety of subjects and issues of interest to older persons, their family and friends, and other individuals concerned with the well-being of older persons will be presented. Programs will cover such subjects as nutrition, alcohol and drugs, medical care, exercise, prolonging life and vitality, mental health, death and dying, housing, transportation, planning retirement, later-life marriage, meals-on-wheels, foster grandparents, taxes, budgets, and social security.

"Over Easy" is designed to foster positive attitudes about aging and share the experiences of those who have learned to cope creatively with the challenges and problems of aging in American Society.

Watch "Over Easy" for pleasure and "easy" information.

CIDERIFIC

3/4 cup apple cider
1 jigger Bacardi dark rum
1 tsp. butter
1 cinnamon stick
1 clove

Bring cider to boil. Remove from heat and add rum and butter. Ladle into mugs. Add a cinnamon stick and clove to each. Serves 1.

For 12 servings, follow same recipe using 7 1/2 cups apple cider, 3 cups Bacardi dark rum, 4 tablespoons butter and a cinnamon stick and clove for each mug.

Studded tires on four wheels give a driver added control under icy conditions.

Something Special In Photography

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Photographer
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CAREER ASSEMBLY HELD AT ACHS

The Career Counell of Appomattox County High School held its monthly Career Assembly on Wednesday, November 16, in the ACHS auditorium. The guest speaker was Mr. Fred Welfare who is a research engineer at Babcock & Wilcox. Mr. Welfare discussed his work at B&W and spoke on the careers in research development. He also discussed requirements for becoming a research engineer, working conditions and salary. In conclusion, interesting slides wre shown on what is taking place in the B & W plant.

Beth Smoak closed the assembly and the meeting was adjourned.

In the above photo are, left to right, Rhonda Nash, Shevonne Johnson, Mr. Fred Welfare, Beth Smoak, Loretta Letner, Sheena Watts, and Mark Paulette.

EATING WELL

In the past few years a number of books have been written about people who have low blood sugar. Diabetics often experience the symptoms when they take too much insulin; however, individuals who are not diabetic may also experience the symptoms. Just what does the term mean and how do you know you have it?

To be hypoglycemic or have low blood sugar means that the amount of sugar in the blood is too low blood sugar means that the amount of sugar in the blood is too low to properly support the normal function of the nervous system and the brain. Because of this there are ununbelievable array of symptoms. The lowering of the blood sugar creates intolerable anxiety, and depression. Many of us experience similar symptoms when we skip meals. If you have ever felt shaky or jittery when you have gone without eating lunch, you have some idea of how a person who is hypoglycemic feels most of the time.

When diabetics have an insulin reaction they experience similar symptoms. Insulin reactions occur when diabetics have taken too much insulin, or when they have taken insulin, and then not eaten the proper amounts of food. The diabetic has too much insulin, and not enough food for the insulin to act on. When the person who is hypoglycemic eats carbohydrates the pancreas secretes too much insulin. The symptoms are the same. The person is nervous, irritable, shaky, anxious, he may feel dizzy, and even experience episodes of fainting. The hypoglycemic person usually craves sweets. However, because carbohydrates such as bread, sweets and sugar cause the pancreas to overact and produce insulin, the person should limit the consumption of these foods. The person who suffers from low blood sugar cannot solve his problem by eating more sugar. The solution to his problem is to eat a high protein diet, and to eat frequently (2 to 3 hours). Smoking, drinking of cola beverages, and strong tea or coffee should be avoided because they aggravate the condition.

At present it is not known what causes hypoglycemia; however, some authorities believe that it may be hereditary. Because the symptoms are so general, the only way to determine if you have hypoglycemia is to have a six-hour glucose tolerance test. A high protein diet can be harmful; therefoe, personal diagnosis is not recommended. The person who has hypoglycemia or low blood sugar should be under the care of a physician.

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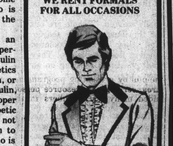

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Mr. and Mrs. J. Lloyd Doss

Celebrate 40th Anniversary

On Saturday evening, November 12, 1977, Mr. and Mrs. J. Lloyd Doss of Appomattox were honored on their 40th wedding anniversary when their children entertained with a family supper in the home of their son and daughter-in-law, Mr. and Mrs. Larry K. Doss.

Mr. and Mrs. Doss were married in Appomattox on November 12, 1937 by Rev. R. E. Redding. They have seven living children, one deceased son, Arthur L. Doss, and sixteen grandchildren.

Honoring Mr. and Mrs. Doss on this happy occasion were their daughter and son-in-law, Willie and Jo Cox and Kendall and Cindy of Appomattox; Randolph Doss of Appomattox and his fiancee, Miss Wanda Hudson of Lynchburg; David L. Doss, Gail, Karen and Andy of Appomattox; their sons and daughters-in-law, Garland and Nancy G. Doss, Anita, Darrell and Chris of Lynchburg; Kenneth and Saundra Doss, Audra, Laura, Kevin and Doug of Spout Spring; Larry and Nancy C. Doss, Sonya, Susan and Derek and Wayne and Shirley Doss and Lisa, all of Appomattox.

MRS. FARMER'S 4-H CLUB

Mrs. Farmer's 4-H Club met on November 17. During this time our vice president Vivian Seay called on Ricky Miller and Trudy Harris to lead our pledges. Then our recreation leaders Tambra Hamlet, Mike McCoy, and Todd Matthews lead us in a game. Miss Smith told us about the old and new business which included things as Share-The-Fun. Mrs. Walton then ended our meeting by showing arts and crafts.

Reporter, Bettina Moore

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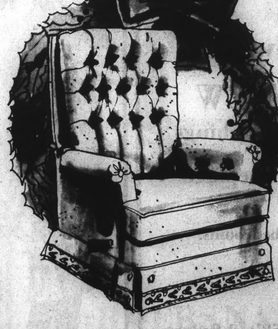

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